

Dyslexia Association of Ireland

1 Suffolk Street, Dublin 2.



Do you take a long time to read a book?

Do you hate filling in forms?

Do you have a problem with spelling?

Do you forget things you want to remember?

Do you find it easier to understand something you hear than something you read?

Do you confuse 'left' and 'right'?

Do you think you should have done better at school?

Do you feel that something is wrong but you don't know what?

Do you feel that you learn in a different way to other people?

Do you think that you might have dyslexia?

If you would like to talk to someone about it please
ring 01 6790276 or visit www.dyslexia.ie

Did you know.....

- Dyslexia is much more than a difficulty with reading and writing.
- Dyslexia affects the way you learn and how you deal with information.
- It is very common – up to 8% of the population have it.
- Dyslexia has nothing to do with intelligence or how long you spent at school.
- Many people go through life without ever knowing they have dyslexia.
- Many people with dyslexia are very successful in life.
- Famous people with dyslexia include: Richard Branson, Jamie Oliver, Tommy Hilfiger, Keira Knightly.
- Some people with dyslexia have very good ability in areas such as art, engineering, business and computer work.
- Others drop out of school and blame themselves for their problems.
- People with dyslexia are often very slow to go for promotion or to join clubs or groups because of reading or spelling problems.
- Most people with dyslexia feel it damages their self confidence.
- If people do not get the proper help for their dyslexic difficulties it can affect both their work and home life badly.
- People with dyslexia can be helped greatly by understanding their own way of learning and by finding a teacher who knows how to teach them.

If you think you might have dyslexia there are three steps to take.

- Step 1** **Get information – find out the facts.**
- Step 2** **Get an assessment – find out about yourself.**
- Step 3** **Get help – find a trained teacher.**

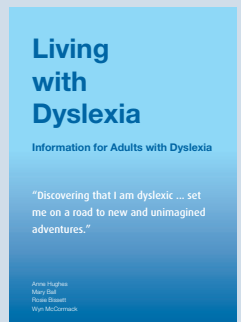
Step 1 – Get Information

There is a lot of information on dyslexia if you know where to look. A good place to begin is the website of the Dyslexia Association of Ireland: www.dyslexia.ie

If you don't use the internet you can always ring 01 6790276. This is the number of the Dyslexia Association (DAI). You can talk to someone on the phone and ask questions.

There is a book with information for adults called "Living with Dyslexia" which you can get from the association. This book is also available via the DAI website (www.dyslexia.ie) and an audio CD version is also available.

You can also drop in to the DAI office at 1 Suffolk Street, Dublin 2. The office is over O'Neill's Public House, just across the road from the Dublin Tourist Information Centre.



Dyslexia Association of Ireland

-  1 Suffolk Street, Dublin 2.
-  01 679 0276
-  info@dyslexia.ie
-  www.dyslexia.ie

Opening Hours: Monday to Friday from 9.30am to 5.00pm.
Closed for lunch from 1.00pm to 2.00pm.



Over the years it has been found that people who answer yes to ten or more of these questions are likely to have dyslexia. If you find that you answer yes to a lot of the questions then you should think about going on to Step 2 and getting a psycho-educational assessment for yourself. That is the only way you will find out if you have dyslexia.

Some common difficulties for people with dyslexia:

- ❖ Do you dislike reading out loud?
- ❖ Does it take you a long time to read a book?
- ❖ Do you find it hard to remember what you have read?
- ❖ Do you sometimes pronounce words incorrectly?
- ❖ Do you have problems with spelling?
- ❖ Did you have difficulty at school and did you do less well in written exams than you feel you should have?
- ❖ Do you find it hard to do sums in your head?
- ❖ Do you have problems knowing when to use capital letters, or punctuation marks?
- ❖ Do you get phone numbers wrong?
- ❖ Do you find it hard to take phone messages and pass them on correctly?
- ❖ Do you confuse 'left' and 'right'?
- ❖ Is your handwriting hard to read?
- ❖ Do you find it hard to see the mistakes you have made in written work?
- ❖ Do you have 'good' days and 'bad' days?
- ❖ Do you find it hard to remember things in the right order, like the months of the year, or multiplication tables?
- ❖ Do you find it hard to remember new facts, new names, etc?
- ❖ Do you get confused with times and dates?
- ❖ Do you find it hard to learn the same way as other people in a class or group?
- ❖ Do you forget quickly the things you have worked hard to learn?
- ❖ Does someone else in your family have the same kind of problems?

Step 2 – Getting an assessment

If you answered ‘Yes’ to ten or fifteen of the questions on the last page and you feel that your difficulties are preventing you from doing things you would like to do, then you should consider having a psycho-educational assessment.

What is a psycho-educational assessment?

- An assessment is a way of finding out if a person has dyslexia. This is important because there are a lot of reasons why someone may have problems with reading and writing and dyslexia is only one of them.
- An assessment is not an exam. There are no wrong answers. The aim of the psychologist doing the assessment is to find out how you learn, because everyone is different and you will find it easier to learn if you are taught in the way that suits you best.
- The psychologist who does the assessment will give you a written report. This report will have advice for any teacher you go to for help. It should also give you information on things you can do to help yourself.
- An assessment takes about three hours.
- It can be arranged by contacting the Dyslexia Association at 01 679 0276.
- At the moment assessment costs €400 with the Dyslexia Association. If this fee is a problem for you, contact the association anyway. We always try to help although our own funds are limited.

Step 3 – Getting the help you need

People with dyslexia can learn and they do learn. The important thing is for them to find someone who can teach them the way they learn best.

Tutors

The teachers who are most helpful to people with dyslexia are those who have taken extra courses in how to teach children and adults with dyslexia.

The Dyslexia Association has a list of such teachers in most areas of the country. You can get names from this list if you are a member of the association.

Tutors teach people in the tutor's home usually. They charge about €35 an hour.

Full-time Course

The Dyslexia Association sponsors a FÁS course for adults with dyslexia in Celbridge, Co. Kildare. It is a full-time course for six months. A FÁS training allowance is paid to people attending the course. Trained teachers teach reading, spelling and writing, computer skills and personal development. This is a very popular and successful course.

For information on this course you could ring Emma or Mary at 01 627 0805.

Helping Yourself

The more you know and understand about dyslexia the easier it will be to cope with any difficulties your dyslexia causes. You can find out more about dyslexia by becoming a member of the Dyslexia Association and using their information services.

If you have a computer you can get programmes which can make reading and writing easier. You can get aids for spelling and for keeping track of dates and appointments. You can get information about these on the DAI website **www.dyslexia.ie**

Remember you don't have to let dyslexia stand in your way.